

Health and Hygiene

Chapter 20: Health and Hygiene · Topic 1

Key Concept

Personal hygiene, like washing hands, bathing regularly, and brushing teeth, helps prevent the spread of germs and diseases.

A balanced diet with proteins, carbohydrates, vitamins, and minerals supports our body's growth and immune system.

Regular exercise strengthens our muscles and heart, while adequate sleep helps our body rest and recover.

Practising good health habits from a young age helps build a foundation for a healthy life as we grow older.

Quick Revision Notes

- Personal hygiene includes handwashing and bathing.
- Hygiene prevents germs and disease spread.
- A balanced diet includes proteins, carbs, vitamins, minerals.
- Balanced diet supports growth and immunity.
- Exercise strengthens muscles and heart.
- Adequate sleep helps rest and recovery.
- Good habits should start young.
- They build a foundation for lifelong health.

Practice Questions

- 1 List your daily hygiene practices.
- 2 Plan a balanced meal.
- 3 Discuss why exercise is important.
- 4 Talk about how much sleep you get.
- 5 Discuss a health habit you could improve.
- 6 Create a healthy daily routine.